

# BIKE OR WALK TO WORK DAY

## FRIDAY 05.15.15

Ride on you own or  
with a group

Coffee and light refresh-  
ments for all participants  
who bike or walk to work

Contact Paula Nash, NHDOT  
Wellness Coordinator, to sign up  
[pnash@dot.state.nh.us](mailto:pnash@dot.state.nh.us)  
or 271-0559 BY MAY 7th

Inter-Department  
Competition

Free Stuff

Breakfast

Health

Exercise

Save \$\$\$



Group rides leaving at **6:30 am** from:

1. Clinton St. Park & Ride
2. Boscawen Park & Ride
3. Allenstown NHDOT Patrol Shed

Hazen Drive refreshment and sign in table  
located in front of the DMV building from  
**7:00 to 9:00 am**



 **DELTA DENTAL**

 **COMPASS**  
HEALTHCARE ADVISORS

**Anthem.**  
BlueCross BlueShield  





## SAVE THE DATE

***\*\*Bike/Walk to Work Day is Friday, May 15<sup>th</sup>\*\****

Get fit, be healthy, breathe in the fresh air, and enjoy the free refreshment table set up on Hazen Drive in front of the DMV building from **7am to 9am** when you bike or walk to work.

The warm weather is back and Bike/Walk to Work Day is a perfect time to try leaving your car at home; maybe one day in the spring turns into one Friday a month during the summer, or even once a week! Walking and bicycling have added stress reduction and wellness benefits too; you can burn approximately 400 calories by cycling for just 30 minutes. Perhaps your commute can become part of your weekly aerobic physical activity.

The goal of Bike/Walk to Work Day is to encourage you to *try* leaving your car at home for a day and to hop on a bike or walk to get where you need to go. Are you concerned that your commute is too long to bike? Carpool or drive to a Park and Ride lot and bicycle or walk from there.

**There will be group rides, led by ride leaders and complete with riding directions, that will depart at 6:30 AM from the following locations:**

1. I-89 Exit 2 Park & Ride Lot – Clinton St. Concord
2. I-93 Exit 17 Park and Ride Lot, Boscawen (Hannah Dustin Memorial) – Route 4, just west of I-93
3. Allenstown Patrol Shed – 265 River Road Allenstown, just off Route 28

If you're interested in riding in with a group, simply meet up at one of these locations to join in on the fun group ride.

We are also planning an "Agency Competition" to see how many individuals from each State Agency on Hazen Drive either walk or bike for any or all of their commute on Bike/Walk to Work Day. Show your allegiance to your Agency and help them earn bragging rights!

**TO SIGN UP:** Please contact Paula Nash, NHDOT Wellness Coordinator, by **May 7<sup>th</sup>** (if you miss the cut-off, don't worry, your commute will still count; we just want to gauge general interest)

**Paula Nash - [pnash@dot.state.nh.us](mailto:pnash@dot.state.nh.us) or 271-0559**

**BIKE SAFE:** Wear a bicycle helmet & safety vest  
**WALK SAFE:** Wear a safety vest or bright colors

Stay alert, have fun, and if you have questions or concerns about walking or bicycling, contact Erik Paddleford (NHDOT Bicycle & Pedestrian Technician at 271-3320)



# Allenstown Patrol Shed to Hazen Drive

**Hazen Drive State Offices**

## DIRECTIONS

**START - ALLENSTOWN PATROL SHED  
258 RIVER ROAD**

Head south on River Rd toward  
Harness Horse Rd  
2.5 mi

Turn right onto Turnpike St  
0.3 mi

Turn left onto Buck St/Glass St  
69 ft

Turn right onto Turnpike St  
0.2 mi

Turn right onto Main St/Turnpike St  
0.2 mi

Turn left onto US-3 N/Pembroke St  
Continue to follow US-3 N  
4.4 mi

Turn right onto Airport Rd  
1.9 mi

**ARRIVE AT HAZEN DRIVE**

**TOTAL ROUTE DISTANCE = 9.5 MILES**

**Allenstown Patrol Shed Meeting Area  
265 River Road, off Route 28**

3

28

**Boscawen Park and Ride Meeting Area**  
**Route 4, West of I-93, Exit 17**

# Boscawen Park & Ride to Hazen Drive

## DIRECTIONS

**START**  
Boscawen, Exit 17, Park & Ride

Head south out the rear of the  
park & ride toward the monument.  
200 feet

Turn right across the RR tracks toward Commercial St  
315 ft

Turn left onto Commercial Street  
0.3 mi

Turn left onto Tremont St  
259 ft

Continue onto Canal Street  
0.4 mi

Turn left onto US 3/ Village St  
417 ft

At the traffic circle, continue straight to stay on Village St  
1.2 mi

Continue onto US 3/ Fisherville Rd  
1.5 mi

Continue onto US 3 S/N State St  
2.8 mi

Turn right onto US 3/ N State St  
0.2 mi

At the traffic circle, continue straight to stay on N State St  
0.4 mi

Turn left onto Centre St  
0.1 mi

Continue onto Loudon Rd  
1.0 mi

Turn left onto Hazen Drive  
0.1 mi

**ARRIVE** at Hazen Drive

**TOTAL ROUTE DISTANCE = 8.5 MILES**

**Hazen Drive State Offices**

# Clinton St. Park & Ride to Hazen Drive

Hazen Drive State Offices



## DIRECTIONS

### START

Clinton St. Park & Ride

Turn right onto Clinton St  
1.4 mi

Turn left onto South St  
0.6 mi

Continue onto Green St  
0.3

Turn right onto Centre St  
0.2 mi

Continue onto Loudon Rd  
1.0 mi

Turn left onto Hazen Drive  
0.2 mi

ARRIVE at Hazen Drive

**TOTAL ROUTE DISTANCE = 4 MILES**

**Clinton Street Park & Ride Meeting Area**  
139 Iron Works Road, Concord.